



Mascot Costume Reservation Program

**For more information about the
Healthy Mascot Costume Reservation Program, contact:**

**Daryl Hansen
Data and Reporting Specialist
Bureau of USDA Nutrition Programs
Phone: 602-542-7511
Fax: 602-542-1890**

**To reserve a mascot costume, please
fill out the Mascot Costume Reservation Form at:
eatwellbewell.org**



eatwellbewell.org

Arizona Nutrition Network



Be Careful!

The Healthy Mascot Costume and Reservation Program is a considerable investment for the Arizona Department of Health Services.

Please follow the instructions and guidelines provided and take care of the costumes so they can provide many hours of enjoyment for everyone.

This material was funded by USDA's Food Stamp Program.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.

THE HEALTHY MASCOT COSTUME RESERVATION PROGRAM

Bobby B. Well, Rosey Apple, Carlos Carrot, Pea Daddy, Tom Ato and Ms. Milky welcome you to the Healthy Mascot Reservation Program created by the Arizona Department of Health Services.

Born in the rich and flavorful southwest, Bobby, Rosey, Carlos, Pea Daddy, Tom Ato and Ms. Milky, became friends at a very young age. Each grew up with very large and loving families who spent a lot of time going on adventures throughout the southwest. To keep themselves healthy for their adventures they always made sure that they ate lots of healthy food especially fresh vegetables and fruits. Now that they've matured, Bobby, Rosey, Carlos, Pea Daddy, Tom Ato and Ms. Milky love to visit new places and meet new people. They especially enjoy sharing healthy eating messages with preschoolers, school age children, and their caregivers.

These mascots know that to be healthy, it is very important to eat lots of vegetables and fruits each day, to be active, and to consume plenty of calcium-rich foods like 1% low fat or fat free milk.

Our mascots are great entertainers and they easily complement any state or locally approved nutrition function. Because of their cuddly, fun, larger-than-life size, the mascots are perfect role models and mentors. They easily reinforce behavioral and motivational messages that promote healthy eating.

The mascots can assist any organization in promoting nutrition education. Contact information and costume reservations are available on the Arizona Nutrition Network website (eatwellbewell.org). Reservations are available for Contributing Partners and are filled on a first-come, first-served basis, so schedule costumes well in advance of the event. In the event of multiple requests for the same time period, the mascots may split up. Supporting Partners may order costumes for loan through their Contributing Partner.

MASCOT COSTUME GUIDELINES

How to use and take care of
Bobby B. Well, Rosey Apple, Carlos Carrot,
Pea Daddy, Tom Ato, and Ms. Milky
Mascot Costumes

Bobby B. Well

PUTTING ON AND TAKING OFF THE COSTUME

What you'll need for a Bobby B. Well appearance

1. Secure, private dressing area with a chair, bench or sitting area.
 2. Performer (male or female) between 4'11" and 5'3" tall with small to medium build to wear the costume.
 3. Individual to assist the performer in putting on the costume and guide while walking in public.
 4. Escort who is knowledgeable about the Nutrition Network programs to act as Bobby's helper and spokesperson.
-

Getting dressed in the right order

1. Put the pants on and use the suspenders if needed.
 2. Put shoes on after pants and suspenders are in place.
 3. Body: skin and foam body pod should be put on over the suspenders.
 4. Long sleeve gray t-shirt followed by the white t-shirt.
 5. The head should be followed by the gloves. This is so that the person in the costume can attach the strap on the helmet.
-

Undressing is easy—just remove everything in reverse order!

1. Pants
2. Suspenders
3. Shoes
4. Gray t-shirt
5. White t-shirt
6. Head
7. Gloves
8. Cool vest with cool packs



Rosey Apple

PUTTING ON AND TAKING OFF THE COSTUME

What you'll need for a Rosey Apple appearance

1. Secure, private dressing area with a chair, bench or sitting area.
2. Performer (male or female) between 4'11" and 5'3" tall with small to medium build to wear the costume.
3. Individual to assist the performer in putting on the costume and guide while walking in public.
4. Escort who is knowledgeable about the Nutrition Network programs to act as Rosey Apple's helper and spokesperson.

Getting dressed in the right order

1. Stockings: pull up to waist.
2. Feet: adjust and fasten velcro straps on inside sandals. Shoe spats go on before the shoes.
3. Body: step into the costume and allow the padded harnesses to rest on your shoulders.
4. Gloves: help will be needed with this. The padded part of the glove goes on top of your hands.

Undressing is easy—just remove everything in reverse order!

1. Gloves
2. Body
3. Feet
4. Stockings
5. Cool vest with cool packs



Carlos Carrot

PUTTING ON AND TAKING OFF THE COSTUME

What you'll need for a Carlos Carrot appearance

1. Secure, private dressing area with a chair, bench or sitting area.
 2. Performer (male or female) between 5'8" and 6'2" tall with small to medium build to wear the costume.
 3. Individual to assist the performer in putting on the costume and guide while walking in public.
 4. Escort who is knowledgeable about Nutrition Network programs to act as Carlos Carrot's helper and spokesperson.
-

Getting dressed in the right order

1. Stockings: pull up to waist.
 2. Feet: adjust and fasten velcro straps on inside sandals. Shoe spats go on before the shoes.
 3. Body: step into the costume and allow the padded harnesses to rest on your shoulders.
 4. Gloves: help will be needed with this. The padded part of the glove goes on top of your hands.
-

Undressing is easy—just remove everything in reverse order!

1. Gloves
2. Body
3. Feet
4. Stockings
5. Cool vest with cool packs



Ms. Milky

PUTTING ON AND TAKING OFF THE COSTUME

What you'll need for a Ms. Milky appearance

1. Secure, private dressing area with a chair, bench or sitting area.
 2. Performer (male or female) between 5' and 5'8 tall with small to medium build to wear the costume.
 3. Individual to assist the performer in putting on the costume and walking in public.
 4. Escort who is knowledgeable about Nutrition Network programs to act as Ms. Milky's helper and spokesperson.
-

Getting dressed in the right order

1. Stockings: pull up to waist.
 2. Feet: adjust and fasten velcro straps on inside sandals. Shoe spats go on before the shoes.
 3. Body: slip costume over your head and thread arms through sleeves.
 4. Gloves: help will be needed with this. The padded part of the glove goes on top of your hands.
-

Undressing is easy—just remove everything in reverse order!

1. Gloves
2. Body
3. Feet
4. Stockings
5. Cool vest with cool packs



Pea Daddy

PUTTING ON AND TAKING OFF THE COSTUME

What you'll need for a Pea Daddy appearance

1. Secure, private dressing area with a chair, bench or sitting area.
 2. Performer (male or female) between 5'6 and 5'10 tall with small to medium build to wear the costume.
 3. Individual to assist the performer in putting on the costume and walking in public.
 4. Escort who is knowledgeable about Nutrition Network programs to act as Pea Daddy's helper and spokesperson.
-

Getting dressed in the right order

1. Put the pants on and use the suspenders if needed.
 2. Feet: adjust and fasten velcro straps on inside sandals. Shoe spats go on before the shoes
 3. Body: put on upper foam body pod and zip up the front. Velcro collar closed.
 4. Head: examine inside of head to determine neck strap connection. Adjust elastic neck strap if necessary and attach loose end to available earpiece.
 5. Gloves: help will be needed with this. The padded part of the glove goes on top of your hands.
-

Undressing is easy—just remove everything in reverse order!

1. Gloves
2. Body
3. Feet
4. Head
5. Jeans
6. Cool vest with cool packs



Tom Ato

PUTTING ON AND TAKING OFF THE COSTUME

What you'll need for a Tom Ato appearance

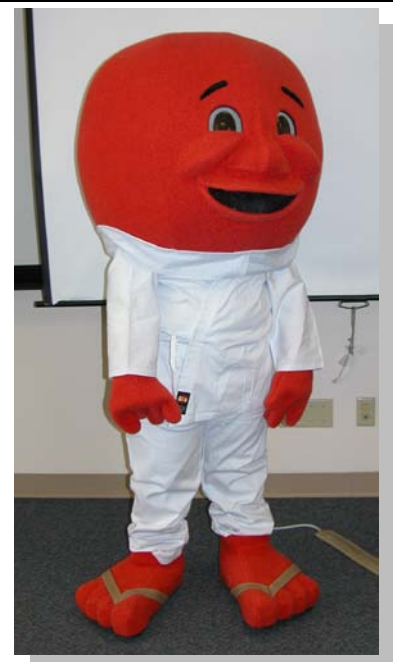
1. Secure, private dressing area with a chair, bench or sitting area.
 2. Performer (male or female) between 5'5 and 5'10 tall with small to medium build to wear the costume.
 3. Individual to assist the performer in putting on the costume and guide while walking in public.
 4. Escort who is knowledgeable about Nutrition Network programs to act as Tom Ato's helper and spokesperson.
-

Getting dressed in the right order

1. Karate pants would go on first.
 2. Feet: adjust and fasten velcro straps on inside sandals. Shoe spats go on before the shoes.
 3. Karate top: tie inside strings and then outside strings. Finish off the uniform with the enclosed white belt.
 4. Head: examine inside of head to determine neck strap connection. Adjust elastic neck strap if necessary and attach loose end to available earpiece.
 5. Gloves: help will be needed with this. The padded part of the glove goes on top of your hands.
-

Undressing is easy—just remove everything in reverse order!

1. Gloves
2. Head
3. Feet
4. Karate outfit
5. Cool vest with cool packs



COSTUME REQUIREMENTS

- **Clothing needed under mascot costumes:** Gym shorts, a t-shirt, and white athletic socks must be worn underneath all mascot costumes.
- **Cool packs need to be placed in freezer night before the event.** The cool packs can then be slipped into cool vests to keep performer cool underneath the costume.
- **Act friendly and be professional.** Remember to present the character in a responsible, positive manner and have fun! Photographs with the audience are permitted and encouraged.
- **Keep personal identities a secret.** While wearing Mascots, it is important to keep the “magic” alive for the audience. The performer **CANNOT** speak **NOR** be credited by name in photos or announcements.
- **Wear the complete costume throughout the entire appearance.** The complete costume includes the stockings, shoes, costume body, and gloves. No additional clothing or headgear may be worn.
- **Put on and take off the costume in private only.** Never remove the costume in view of the audience. Keep the costumes out of sight in a secure area before and after the event. Report any loss or damage to the costume owner immediately.
- **Have a helper or escort.** All mascots must have a helper or escort to act as an educator and safety guide throughout the entire appearance. The escort is also responsible for carrying and handing out any educational reinforcement items and ensuring that the performer gets sufficient breaks away from the public.
- **Use caution when walking.** The performer’s line of sight in the costume is very restricted. Always have an escort guide the performer. The escort should indicate when people, especially children are in his/her path; when someone wants to take a photo of/with the performer; and when steps or other obstacles are nearby.
- **DO NOT frighten or startle children or others.** When a frightened child is present, use slow, small gestures. If the child continues to cry, back up or walk away. Kneel to allow small children to relate to the character at their level.

COSTUME RESTRICTIONS

- **Endorsements are not allowed.** Performers cannot endorse any person, product, company, political party or political candidate while wearing the character costumes.
- **Never clown around or engage in horseplay.** Every act, even small, will be watched by every age, whether you realize it or not. Make sure the performer's actions don't create trouble.
- **Do not speak.** Allow the escort/spokesperson to answer questions and carry on conversations. When dealing with the public, the characters can interact successfully by listening carefully and using gestures.
- **Do not remove any part of the costumes in public.** For example, gloves cannot be removed to sign autographs.
- **Never operate a vehicle or other machinery while wearing the character costumes.** Never perform tasks that could compromise the characters image as a public education symbol.
- **Do not attempt to eat or drink while in the costume.**
- **Do not use drugs or alcohol prior to or during an appearance.** Nor allow any individual accompanying the character to do so either. Performers must **NEVER** use profanity, abusive language, or slurs against any individual or group in connection with an appearance.
- **Do not wear the costume for more than 20 minutes at a time in temperatures above 85 degrees.** Temperatures inside the costumes can be 40 degrees higher than outside air. It is strongly recommended that the accompanying ice vests be worn during all performances. During high temperatures, the helper/spokesperson must make every effort to give the performer adequate break times. About every 20 minutes, the performer should be accompanied to an air-conditioned private area (dressing area) to allow him/her to consume water, use the restroom and/or remove the costume.
- **No personal contact with the audience.** Performers cannot pick up or hold an infant or small child while in the costume, even if parents or adults request it.

TROUBLE SHOOTING

What to do if . . .

- **Mascot is getting clobbered by kids.** Keep calm and do not retaliate. Walk away. Have your escort or another responsible adult intervene. Before the event starts find the name of the event contact in case of trouble.
- **Hugging/touching children.** When dealing with children the best practice is the “head and back rule”. Either mess up their hair, or pat them on the back. If you need to hug, hug from the side above the belt, avoiding a frontal hug.
- **Performer is injured during an appearance.** Go to your changing room or dressing area and make the contact person aware of the situation.
- **Performer feels sick during an appearance.** Mascot costumes are hot by nature. Some mascot performers can lose up to eight pounds within a three-hour period. Water is the best fluid to drink during an appearance. If performer becomes unsettled, drink water immediately. Sugary and carbonated drinks need to be avoided because they can slow the fluid absorption rate.
- **Please follow all guidelines.** Bobby B. Well, Rosey Apple, Carlos Carrot, Pea Daddy, Tom Ato and Ms. Milky are products of the Arizona Department of Health Services (ADHS). NO changes can be made to their appearance without the written permission of ADHS.

CARE of the MASCOTS

Maintenance and cleaning

1. Complete cleaning is done after the mascot costumes have been returned and before they are shipped to the next event. For groups using the mascot costumes longer than one week, it is recommended the costumes be air dried between appearances.
2. Care must be taken to avoid spills on the costumes. If minor spills occur, clean area with a soft rag and water to lessen the damage.
3. For costume cleaning or repair emergencies, contact Joe Turnbough with Fiberworks at (623) 465-0304. Please inform the Nutrition Network contact as well by leaving a voicemail or sending an e-mail to fiberworks@fiberworksinc.com.

Packing mascots for shipping

1. Stockings, gloves, and shoe spats should be placed in the small garment bag provided, then placed inside the body of the costume. Shoes should be placed inside the body of the costume as well.
2. The cool packs can be slipped back into the cool vests and placed in it's storage bag in shipping crate.
3. Do not forget to return the costume carrying bag with the costume.